

Design and Technology-Cookery Overview-2020/2021

*Select from and use a range of materials and components, including ingredients according to their characteristics.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p align="center"><u>Year 1</u></p> <p>I understand that all food comes from plants or animals. I understand that food has to be farmed, grown elsewhere (e.g. home) or caught. I can understand that everyone should eat at least five portions of fruit and vegetables every day and start to explain why.</p> <p>I can cut ingredients safely and hygienically.</p> <p>I can measure and weigh food items using non-standard measures (e.g. spoons and cups).</p>	<p align="center"><u>Outdoor Adventurers</u></p> <p>Make a healthy picnic following the healthy eating guidelines.</p> <p>Tesco Eat happy</p> <p>https://www.eathappyproject.com/resources/activity-sheets/lets-cookalong-picnic-shopping-list/</p>	<p align="center"><u>Outdoor Adventurers</u></p> <p>Design an explorer juice-fruit and water/carbonated water</p> <p>https://media.eathappyproject.com/media/1331539/fruit_fizz_recipe.pdf</p>	<p align="center"><u>Let's Play!</u></p> <p>Make refrigerator cake (rocky road) and decorate (jewels)</p> <p>https://www.bbcgoodfood.com/recipes/easy-rocky-road</p>	<p align="center"><u>Let's Play!</u></p> <p>Fruit yoghurt cups- Tesco</p> <p>https://www.eathappyproject.com/resources/recipes/fruity-yoghurt-cups/</p>	<p align="center"><u>Land Ahoy!</u></p> <p>Pirate ships- savoury tarts make fillings to put in bread boats with pirate flags(cocktail sticks)</p> <p>https://media.eathappyproject.com/media/381637/top_tuna_tarts_recipe.pdf</p>	<p align="center"><u>Land Ahoy!</u></p> <p>Make Ice-cream in a bag.</p> <p>http://goodfood.uktv.co.uk/recipe/ice-cream-in-a-bag/</p>

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<u>Year 2</u>	<u>Where in the World is Knypersley?</u>	<u>Where in the World is Knypersley?</u>	<u>Our African Adventure</u>	<u>Our African Adventure</u>	<u>Magical Mystery Tour</u>	<u>Magical Mystery Tour</u>
<p>I can explain where in the world different foods originate from. I can name and sort foods into the five groups in the Eatwell Guide. I can use what I know about the Eatwell guide to design and prepare dishes.</p> <p>I can cut, peel or grate ingredients safely and hygienically.</p> <p>I can measure or weigh using measuring cups or electronic scales.</p>	<p>Pikelets</p> <p>https://www.taste.com.au/recipes/pikelets/598d3bcb-65b0-4948-b0f9-e9b2b7962341</p>	<p>Staffordshire lobby (vegetarian?)</p> <p>http://allrecipes.co.uk/recipe/36918/staffordshire-lobby.aspx</p>	<p>Design a menu for a jungle explorer. What if we were stranded? What foods make us strong?</p> <p>Calcium-cheese tortilla Tesco.</p> <p>https://media.eathappyproject.com/media/943645/lets-cookalong-recipe-spanish-tortilla_hr.pdf</p> <p>https://www.eathappyproject.com/resources/videos/spanish-tortilla-recipe/</p>	<p>Fruits that grow in Africa- make a fruit crumble (pineapple)</p> <p>http://www.funkidslive.com/food/fun-cooking-fruit-crumble/</p>	<p>Healthy Breakfast- Paddington's trip to London. Banana breakfast muffin</p> <p>http://allrecipes.co.uk/recipe/36/delicious-banana-muffins.aspx</p>	<p>Healthy treats- flapjacks</p> <p>https://media.eathappyproject.com/media/1469632/Banana_raisin_recipe.pdf</p>

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<u>Year 3</u>	<u>Ug!</u>	<u>Ug!</u>	<u>Ratatouille</u>	<u>Ay Up My Duck!</u>	<u>Wild, Wild West</u>	<u>Wild, Wild West</u>
<p>I can prepare ingredients hygienically using appropriate utensils.</p> <p>I can measure accurately.</p> <p>I can follow a recipe.</p> <p>I can describe what a balanced diet is.</p> <p>I can identify food that comes from the UK and other countries in the world.</p>	<p>Forage own fruit to make fruit tarts.</p> <p>https://www.bbcgoodfood.com/recipes/mixed-fruit-tart</p>	<p>Nettle tea/ herbal tea</p> <p>https://simplelooseleaf.com/blog/herbal-tea/herbal-tea-recipes/</p>	<p>Ratatouille – vitamins, minerals, water, fibre</p> <p>https://www.bbcgoodfood.com/recipes/ratatouille</p>	<p>Potteries Locally grown- foods- e.g local cheese.</p> <p>Oatcakes design and make using the oven</p> <p>https://www.bbcgoodfood.com/recipes/taffordshire-oatcakes-mushrooms</p>	<p>Wild wild west- chilli –food for cowboys</p> <p>Below is a children’s recipe for Picadillo (very similar to Chilli Con Carne, use either this recipe or a simple Chilli recipe).</p> <p>https://media.eathappyproject.com/media/1469635/BrazilianPicadillo_recipe.pdf</p>	<p>Wild west biscuits- design and make own templates to cut around.</p> <p>https://www.bbcgoodfood.com/recipes/easiest-ever-biscuits</p>

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<u>Year 4</u>	<u>Seen, but not heard</u>	<u>Seen, but not heard</u>	<u>Straight Ahead!</u>	<u>The Floor is Lava!</u>	<u>Running Wild!</u>	<u>Running Wild!</u>
<p>I can prepare ingredients hygienically selecting and using appropriate utensils.</p> <p>I can measure ingredients to the nearest gram.</p> <p>I can assemble and cook ingredients using a range of cooking techniques. (controlling the temperature of the oven or hob, if cooking).</p> <p>I can make healthy eating choices and explain why.</p> <p>I can explain some of the processes that foods go through to preserve/ make them more appealing.</p>	<p>Victoria sandwich cake (in groups)</p> <p>http://www.foodafactoflife.org.uk/attachments/f1ee75b7-c5d8-4f8c08ea3cf5.pdf</p>	<p>Fruit cake in a tin</p> <p>https://www.eatsamazing.co.uk/family-friendly-recipes/dessert-sweet-treat-recipes/tin-can-mini-christmas-cakes</p>	<p>Burgers</p> <p>http://www.bbc.co.uk/education/clips/zbhnvcw</p> <p>https://www.eathappyproject.com/resources/recipes/brilliant-burgers/</p> <p>https://www.eathappyproject.com/resources/videos/brilliant-burgers-recipe/</p>	<p>Vegetarian curry/naan bread</p> <p>https://www.eathappyproject.com/resources/recipes/naan-bread/</p> <p>https://www.eathappyproject.com/resources/videos/fresh-peach-chutney-naan-bread-recipe/</p>	<p>Leaves out of bread</p> <p>https://media.eathappyproject.com/media/1407237/TEH_Recipe_BR_PP_Really-easy-bread-rolls.pdf</p>	<p>Design and make a smoothie drink. Energy for a jungle explorer.</p> <p>https://media.eathappyproject.com/media/1158452/6656_Online_A4_Banana_Smoothie_A4_FAW.pdf</p>

<http://foodafactoflife.org.uk/index.aspx> Website that demonstrates techniques and equipment

<https://www.eathappyproject.com/> Tesco website for recipes and videos.